POMP IT UP

U.S. PRESIDENT BARACK OBAMA IS SWORN IN TO HIS SECOND TERM IN A PRIVATE CEREMONY, WITH A BIG BASH TO FOLLOW ON MONDAY PAGE 7

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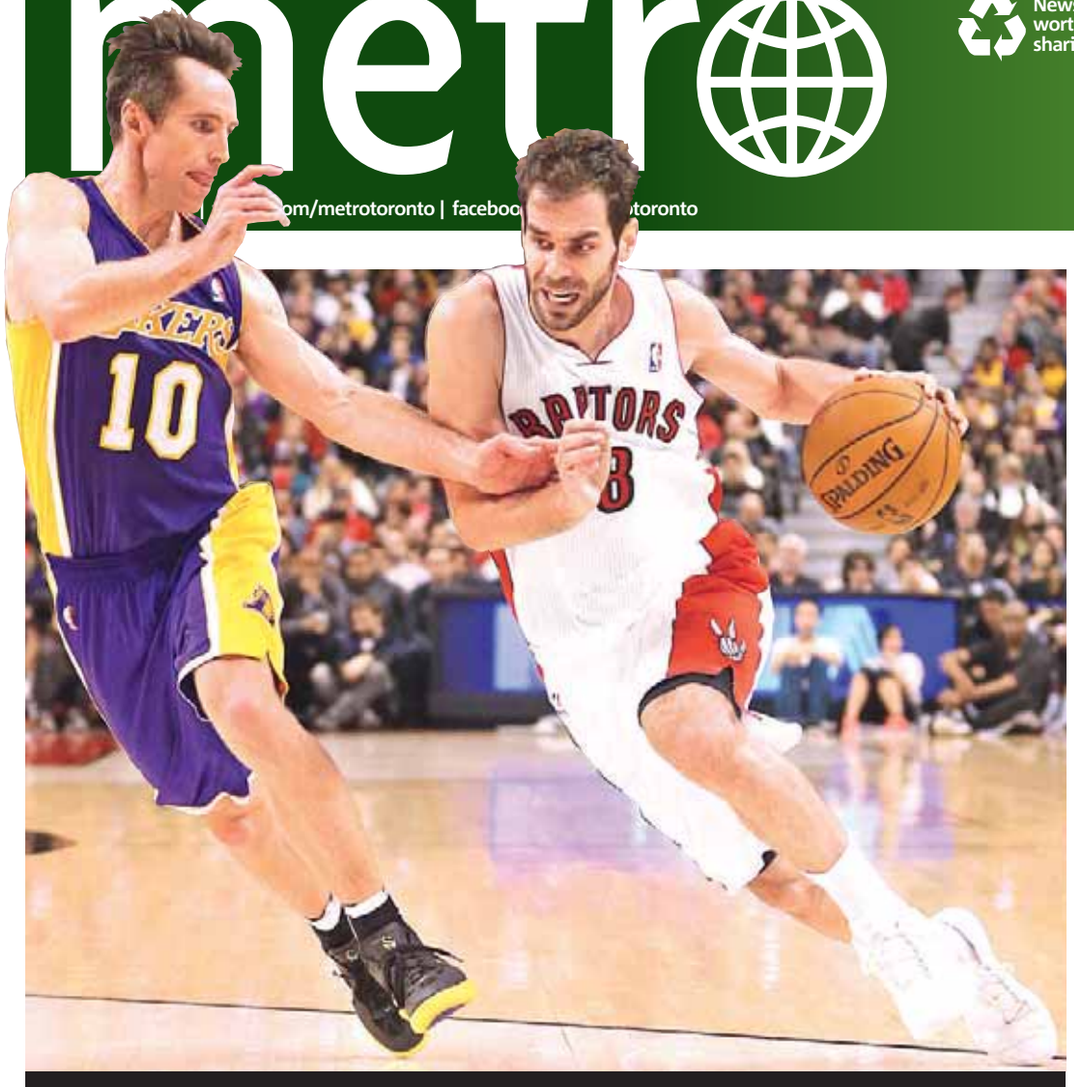

GETTING EVEN STEPHEN

Raptors guard Jose Calderon drives past the Los Angeles Lakers' Steve Nash in Toronto on Sunday. The Raptors — who had previously courted the Victoria, B.C., native — spoiled Nash's first visit to Toronto as a Laker, defeating Los Angeles 108-103. For the story, see page 21. RENE JOHNSTON/TORSTAR NEWS SERVICE

Quick, call a doctor!

But you might not get an appointment.
Canadians have tough time getting fast and after-hours access to their doctors, a report shows

A new report suggests Canadians have a harder time getting rapid access to their doctors, especially outside of working hours, than people in a group of similar countries.

The report shows Canadians are less likely to be able to get a same-day or next-day medical appointment than residents of countries like Britain, the Netherlands, Norway, New Zealand and the United States.

And Canadians are among the least likely to be able to get a house call from their doctor.

The findings are included in the 2012 Commonwealth Fund international health policy survey, which asked doctors to assess the performance of their health-care systems. The report was released Monday by the Health Council of Canada.

The report says 58 per cent of Canadian doctors reported that they make home visits, compared to between 90 and 100 per cent in the Netherlands, Norway, Britain, France and Switzerland.

Another problem the report highlights is after-hours care. While having an arrangement for patients to be able to consult another doctor or a nurse after hours seems to be the norm in many of the countries in the survey, only 46 per cent of doctors in Canada reported having such a system.

"That's (an) issue that needs to be addressed because ... your only recourse then is an emergency room. And Canada is pretty well the highest user of emergency rooms," said John Abbott, Health Council of Canada CEO. THE CANADIAN PRESS

Feed the needy, get chewed out

A celebrity chef's controversial meal-token program for the homeless is coming to T.O. PAGE 4

Girls and their getups

Allison Williams and Jemima Kirke on what they like to wear PAGE 11

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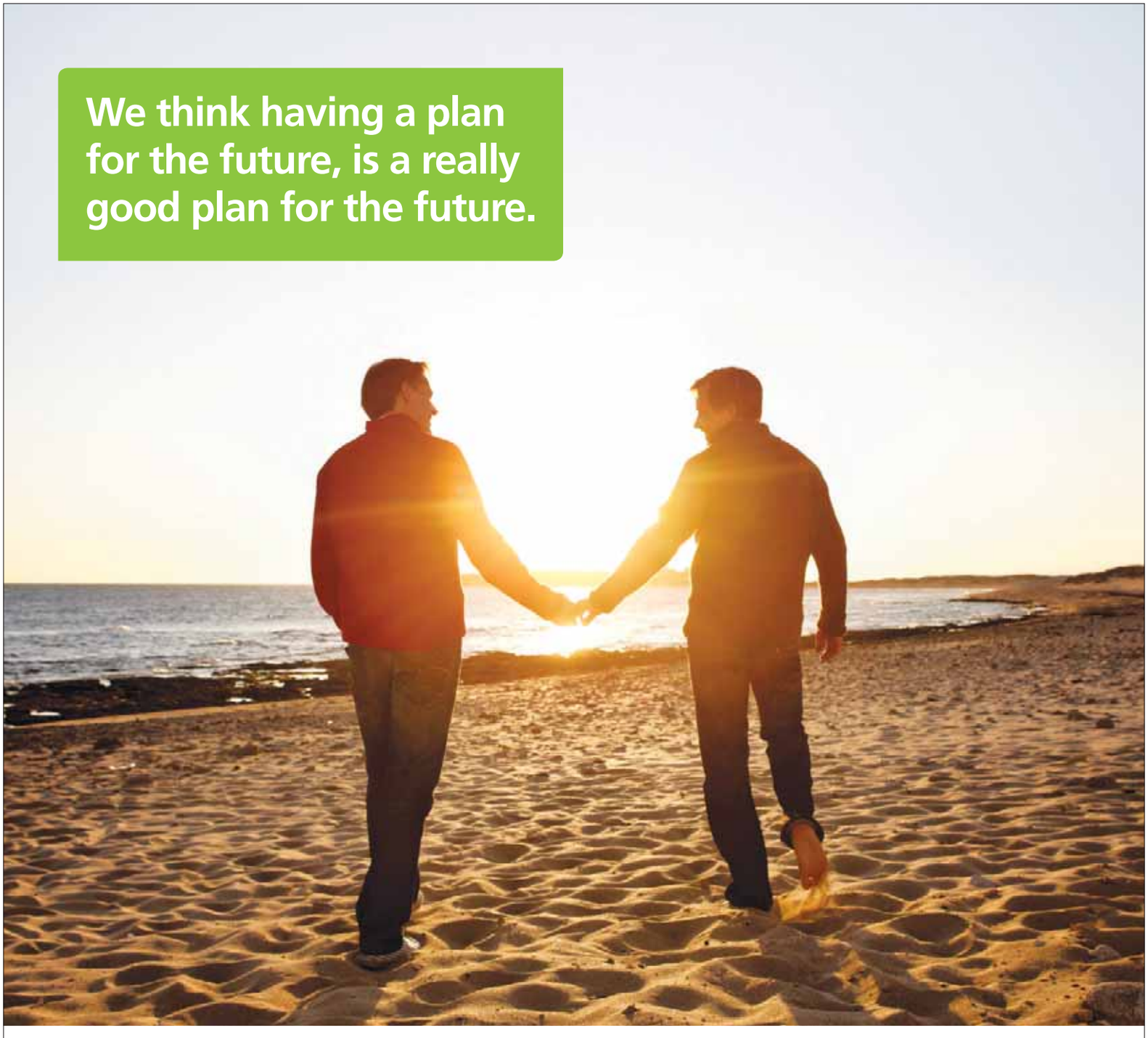

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Doctor defends Ornge payments

Public inquiry. Air ambulance service's new managers say they're trying to find out what work was done for the money

Mount Sinai Hospital's senior doctor received $436,000 over seven years from Ornge to advise founder Chris Mazza on medical issues, work that the air ambulance firm's new managers cannot confirm was performed.

The payments to Dr. Tom Stewart were in addition to his roughly $607,000 in annual salary and benefits as Mount Sinai's physician-in-chief.

Stewart's $75,000-per-year consulting contract at Ornge was similar to a contract of up to $400,000 annually that Mazza himself had. In both cases, the new managers of Ornge are trying to determine what work was done to justify the payments. The monies paid to both men were public funds.

"Most interactions Dr. Stewart had with Ornge were directly with Dr. Mazza. As a result, we are unable to confirm the work performed," Ornge spokesman James MacDonald said.

In an email, Stewart said he delivered value for the money, as Mazza frequently contacted him with questions. "I saw evidence of my counsel play out in several areas, for example, research development, clinician recruitment and improved critical-care system integration," Stewart said.

The consulting contract between Ornge and Stewart ended in January 2012, after the former chairman of Ornge alerted the provincial health ministry of his concern that Stewart and Mazza were being paid for work they did not do. Rainer Beltzner's Dec. 23, 2011, letter to the province raising these concerns was made a public exhibit at the Queen's Park committee investigating Ornge.

Stewart would not grant an interview but, through Mount Sinai public-relations official Sally Szuster, he provided responses to questions over the past four days.

Ornge inquiry

$75K

In explaining what he advised Chris Mazza on for $75,000 a year, Dr. Tom Stewart said he performed: "The review of clinical care policies and procedures, recruitment of physicians and researchers who specialize in specific areas of critical care and transport, advising on how patient transport services can optimize patient flow."

Mazza and Stewart first met each other, Stewart said, during the SARS outbreak in 2003. When Mazza created Ornge in 2005, he asked Stewart to provide ongoing advice. Stewart said he was "clinical care adviser for Ornge."

Stewart acknowledged that his initial contacts were primarily with Mazza. "I was contacted most frequently by Dr. Mazza, who would often refer me to other members of the Ornge staff."

At no time, Stewart said, did he hear any rumblings that "the terms of my engagement were not being met."

But Ornge officials told a different story. Ornge spokesman MacDonald said "objections were raised regarding this contract within Ornge, but Dr. Mazza gave direction that it remain in effect." The contract was renewed "automatically," MacDonald said.

TORSTAR NEWS SERVICE

Body found. Police charge Toronto man in Etobicoke murder

A 30-year-old Toronto man has been charged with first-degree murder in the death of a young woman whose body was found on the street in Etobicoke on Saturday.

Emmanuel Owusu-Ansah was arrested at a gas station in Mississauga on Saturday after police found the body of a 27-year-old woman with obvious signs of trauma around Eglinton Avenue West and Martin Grove Road.

Residents said the victim lived with her mother in an apartment complex across the street. Her name has not been released.

TORSTAR NEWS SERVICE

Grow-op

Couple charged with trafficking, bestiality

A Milton couple is facing charges of bestiality and trafficking in both marijuana and steroids. Police searched a home in the Nassagaweya area on Thursday and found a 1,637-plant grow-op in a building that also served as a kennel. Police said they found a video that they claim includes bestiality involving a dog.

TORSTAR NEWS SERVICE

No injuries

Wheel falls off Air Canada plane

No passengers or crew were injured when a wheel fell off an Air Canada Jazz plane on Sunday after its landing at Pearson airport. A Jazz spokeswoman said the right wheel on the nose gear loosened while the small propeller plane was taxiing to the terminal to finish its flight from North Bay. The airline is investigating the incident.

THE CANADIAN PRESS

'Joyous' celebration tinged with sorrow

Afiya Frederick, left, dances at the Warden Woods Community Centre on Saturday during a wake to remember Evadne Williams-Scott, the Mississauga toddler who was killed on Jan. 1. Two-year-old Evadne's funeral will be held on Monday morning in Toronto. Her father, Wendell Scott, is a member of a local African drumming group, and Saturday's wake was a "joyous" celebration of the little girl's life, with African drumming, dancing and singing, drummer Quammie Williams said. Evadne's mother, Teresa Williams, faces a second-degree-murder charge and is undergoing psychiatric testing to determine if she's fit to stand trial. CARLOS OSORIO/TORSTAR NEWS SERVICE

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Toronto chef's plan to feed the less fortunate comes under fire

Activists. Some critics say dealing with poverty and hunger is the government's responsibility

JESSICA SMITH
jessica.smith@metronews.ca

Chef Rodney Bowers plans to introduce a meal-token program for the underprivileged near his Roncesvalles restaurant. TORSTAR NEWS SERVICE

Celebrity chef Mark Brand says he wouldn't encourage any other chef to try a token-for-sandwiches program like the one he runs in Vancouver's Downtown Eastside — except Toronto's Rodney Bowers.

"I don't think anyone else wants to get their ass kicked like this, to be honest," said Brand.

On Monday, Brand and Bowers are holding a dinner at Bower's Roncesvalles restaurant Hey! to officially announce that Bowers will be introducing a meal token program for the less fortunate in Toronto just like the one Brand runs at Save On Meats in Vancouver's Downtown Eastside.

The ass-kicking Brand talks about comes mostly from anti-poverty activists who criticize the token program, which lets people buy tokens for $2.25 that they give to those in need, who in turn can redeem them for a sandwich.

Some critics say the tokens demean their recipients because they suggest they can't be trusted with money. Others say poverty and hunger are jobs for government, and ad hoc programs help governments duck the bigger problems.

"I'm really more about the people on the receiving end," said Brand.

"I make sandwiches and they eat them. They feel better. They're more happy."

Despite showing obvious frustration with his critics, Brand says the controversy and the conversations about food security are important.

"I don't mind being under fire. It's definitely not the first time.

"I'm sure it won't be the last," he said.

As for feeding the hungry, he believes all citizens should take some responsibility, but that doesn't mean the government doesn't need to play a role as well.

Bowers and Brand talked about the token program while filming Oprah's Million Dollar Neighbourhood this summer, said Bowers.

Bowers has "struggled" with the idea of selling $14 sandwiches when people are still hungry and believes the token program will help him give back to the people in his Parkdale community who can't afford to eat at his restaurants.

"Some critics are going to say it's dehumanizing or degrading, that less fortunate people can't handle money, but what's dehumanizing and degrading is that those people are still hungry," said Bowers.

Bowers hasn't worked out all of the details of how the token program will run in Parkdale.

But he said it should be up and running by summer.

Controversial

'A Band-Aid kind of solution'

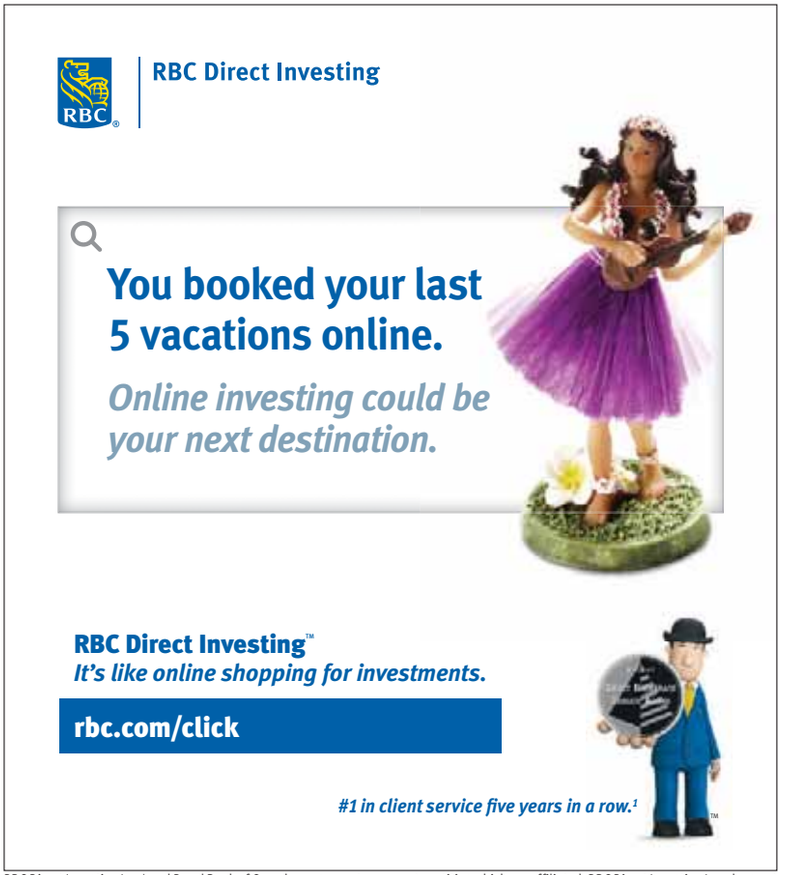
York University Prof. Ilan Kapoor, who recently published a book critical of celebrity charity work called Celebrity Humanitarianism: The Ideology of Global Charity, counts himself among the critics of the token programs.

"I agree with the critics of this program that say it's a Band-Aid kind of solution, because it doesn't address the broader problems of hunger and, larger than that, joblessness and inequality," Kapoor said.

Both chefs Mark Brand and Rodney Bowers say those larger issues shouldn't get in the way of doing something good. "What I don't like is us feeding a bunch of people being convoluted in a discussion about that instead," said Brand. Kapoor argues charitable programs, such as these, give government an excuse not to adequately address hunger and poverty.

"It should not be left up to private individuals — celebrity chefs in this case — to decide (how to feed people in need) and we as the audience who buy these meal tickets should not be making decisions on who we want to give them to based on our whims and fancies," said Kapoor.

"Rather we should be having a state-funded, fair system of distribution."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It's cold! But it's certainly not Winnipeg

Tara Jan with her dog Milo don't mind the chilly air, which felt like -13 C with the windchill, as they go for a walk on Sunday. After a rare thundersnow system brought heavy wind, rain, snow and lightning and caused roughly 10,000 people to lose power early Sunday, the city is now facing a week of chilly temperatures that will dip into the negative teens. But before you curse the windchill, just remember it could be worse: You could be in Winnipeg, where it's -30 C. TORSTAR NEWS SERVICE

Figure skaters get unruly

Police were called to a scuffle at a Mississauga hotel in what Skate Canada calls an unruly celebration involving figure skaters.

Peel police Sgt. Pete Brandwood says officers were called to the Delta Meadowvale hotel around 5 a.m. Sunday when eight Skate Canada members got into a fight on the second floor.

He says police sent those involved back to their rooms, adding that one man had his cheek cut in the melee but that the injury was minor and didn't require medical attention.

Skate Canada says there was a celebration at the hotel that "got out of hand."

Brandwood says the incident wasn't criminal in nature and that police were there mainly to help the manager on duty quell the unrest.

THE CANADIAN PRESS

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‘Numerous’ bodies found during search of gas plant

Algeria kidnapping. Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found “numerous” new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation’s sensitivity, said the bodies were badly disfigured and difficult to identify.

“The bodies could be either Algerian or foreign hostages,” he said.

Algerian special forces stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier Sunday, Algeria’s chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials told The Associated Press Buttaccio’s remains were recovered Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas site along with BP and Norway’s Statoil, said the entire refinery had been mined.

“They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages,” said Communications Minister Mohamed Said, speaking in a state radio interview.

In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

The American government has warned that there are credible threats of more kidnapping attempts on Westerners in Algeria.

With few details emerging from the remote site of the gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final operation, but the number of hostages reported killed Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

Blowback

Arab spring a catalyst for conflict?

The terrorist attack on an Algerian natural gas plant that left dozens of hostages and militants dead has demonstrated how a failing Algerian insurgency transformed itself into a regional threat, partly by exploiting the turmoil unleashed by the Arab Spring revolts.

Al-Qaida’s branch in Algeria retreated into a Sahara no-man’s land between Mali, Algeria and Mauritania after it was largely defeated by the Algerian army in a 10-year war in the 1990s that claimed 200,000 lives. There it grew rich on smuggling and hostage-taking, gained new recruits and re-emerged stronger than ever, armed with looted high-tech weapons from Libya’s 2011 civil war.

The assault last Wednesday by a multinational band of Islamists shows how long-simmering ethnic tensions in Mali, a civil war in Algeria and a revolution in Libya have combined to create a conflict spanning both North and West Africa.

THE ASSOCIATED PRESS

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New Mexico shooting.
Teen boy charged with murder of five people

A 15-year-old boy remained in custody Sunday night as detectives tried to piece together what led to the shooting of five people, including three young children, who were found dead in a New Mexico home.

The teenager was arrested on murder and other charges in connection with the shootings, which happened Saturday night at the home in a rural area southwest of downtown Albuquerque, said Lt. Sid Covington, a sheriff's spokesman.

Detectives did not immediately release the victims' names, but word of the shootings travelled quickly through the law enforcement community and officials began offering their condolences for Greg Griego, a spiritual leader known for his work with firefighters and the 13 years he spent as a volunteer chaplain at the county jail.

"Chaplin Griego was a dedicated professional that passionately served his fellow man and the firefighters of this community," Fire Chief James Breen said in a statement. "His calming spirit and gentle nature will be greatly missed."

THE ASSOCIATED PRESS

Forehead cut

Barbara Walters in hospital after fall

Veteran ABC newswoman Barbara Walters fell at an inauguration party at an ambassador's home in Washington and has been hospitalized.

Walters, 83, fell Saturday night on a step at the residence of Britain's ambassador to the United States, Peter Westmacott, ABC News spokesman Jeffrey Schneider said. The fall left Walters with a cut on her forehead, he said.

Schneider said Sunday that Walters went to a hospital "out of an abundance of caution" and for a full examination. He says Walters is alert "and telling everyone what to do," which is "a very positive sign."

THE ASSOCIATED PRESS

Obama sworn in to second term facing major hurdles

57th inauguration.
Official function a precursor to Monday's ceremony on Capitol Hill, which will include the inaugural address

U.S. President Barack Obama is officially sworn in by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington, Sunday. LARRY DOWNING/THE ASSOCIATED PRESS

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country's deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later, perhaps as deeply as at any time since the U.S. Civil War 150 years ago.

Obama was sworn in by Supreme Court Chief Justice John Roberts during a brief ceremony with his family in the White House Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president's term were put off to Monday, which coincides this year with the celebration of civil-rights leader Martin Luther King Jr.'s birthday.

Obama made no special remarks at Sunday's ceremony, surrounded by portraits of former White House residents. He responded to a remark from one of his daughters, saying, "I did it."

On Monday, he will repeat the oath and give his inaugural speech on the steps of the U.S. Capitol before hundreds of thousands of people.

THE ASSOCIATED PRESS

Mexico

Canadian accused of smuggling Gadhafi awaits fate

The family of a Canadian woman accused of trying to smuggle Al-Saadi Gadhafi, the son of late Libyan dictator Moammar Gadhafi, into Mexico says her case is approaching a crucial turning point.

Cynthia Vanier, who's been sitting in a Mexico prison for more than a year, is currently waiting to make her closing statement before a judge, who will then decide whether to send the case to trial or drop the charges against her.

Vanier was arrested in Mexico in November 2011 and charged in February. THE CANADIAN PRESS

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Leadership candidates Justin Trudeau, left, Martin Cauchon, Karen McCrimmon, Joyce Murray, Martha Hall Findlay, George Takach, Deborah Coyne, David Bertschi and Marc Garneau. PHYLICIA TORREVILLAS/METRO

Liberals keep debate civil

Federal race. Need to rebuild the party tempers infighting

EMILY JACKSON
emily.jackson@metronews.ca

The gloves remained on at the Liberal leadership debate Sunday as the nine candidates took jabs at Prime Minister Stephen Harper — and occasionally the NDP — instead of each other.

With so many vying for the top spot, no candidate stood out as the favourite as they politely debated electoral reform, Aboriginal issues, housing and the environment in front of more than 900 supporters at a Vancouver hotel.

Perceived frontrunner MP Justin Trudeau even escaped direct attack, save for Vancouver MP Joyce Murray questioning how he planned to beat Harper without one-time co-operation with the NDP.

Murray, the only West Coast candidate, was the sole contender to support running either a Liberal or a NDP candidate in ridings where they could split the vote such as Calgary Centre.

"Canada is too important to let Stephen Harper win the election in 2015," she said.

Yet Karen McCrimmon, a retired Canadian Forces lieutenant colonel, said co-operation would be a "Band-Aid" solution when the Liberals need to earn back trust.

Idle No More questions prompted former MP Martha Hall Findlay and lawyer Deborah Coyne to say they would repeal the Indian Act, with former Quebecois MP Martin Cauchon and Canada's first astronaut Marc Garneau promising engagement and dialogue with First Nations.

Ontario lawyer David Bertschi jokingly took Garneau to task for touting his time in space, noting he had his "feet firmly planted on the ground" regarding the environment. Technology lawyer George Takach promoted innovative technology to help the environment.

Both Garneau and Hall Findlay defined themselves as frontrunners. A recent poll suggested Liberal support in B.C. would skyrocket to 32 per cent from 11 per cent should Trudeau take the helm.

Trudeau spoke of the challenges the Liberal party faces and his plan to engage a "new generation" in politics.

Four more debates will be held before the party chooses a leader on April 14.

Restrictions

Requests for Royal Prerogative of Mercy on the rise

New restrictions on the granting of criminal record suspensions, or pardons, are causing more former convicts to seek clemency under the rarely used Royal Prerogative of Mercy, according to the Parole Board of Canada.

In fact, the federal agency has posted an "Important Notice" on its website to discourage clemency applications, which it notes are "only granted in exceptional circumstances."

There are currently 79 active clemency applications in the pipeline, according to a spokeswoman. THE CANADIAN PRESS

A native dancer wears a cedar mask in a handout photo. THE CANADIAN PRESS

Culturally sacred

B.C. woman wants law changed over masks' sale

The recent sale of two cedar masks considered culturally sacred to a Vancouver Island First Nations family has prompted a university instructor to ask the provincial government to change the law affecting cultural property.

The masks were more than 100 years old and had been passed down for safe keeping. THE CANADIAN PRESS

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Celebrities flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWoww's butt

A Canadian social media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk.

"It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities, including Kim Kardashian, her sisters Khloe and Kourtney, and her half-sisters Kendall and Kylie Jenner. They all are among the most viewed and followed users on Keek, which means "a peek or glance", according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni (JWoww) Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's Show in New York City, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels. THE CANADIAN PRESS

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

Quick! To the $4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for $4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks. COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

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BOTTOM LINE FOR FORD'S BUDGET CHIEF: HE DESERVED BETTER

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

After watching his second consecutive city budget get rewritten on the fly by his colleagues on council last week, Coun. Mike Del Grande stepped down from his post as budget chief. He quit suddenly, prompting a messy round of finger pointing and blame.

Even worse, his resignation came only a day after the budget chief had to sit in council chamber and watch as Mayor Rob Ford — his boss — voted to blow up the budget Del Grande had spent thousands of hours pulling together over the last year. Ford surprised everyone when he supported a wildcard motion by Coun. Giorgio Mammoliti to freeze property taxes for 2013, based on an assumption that the city could replace that lost revenue with a floating casino.

Thankfully, in his bid to support Mammoliti's casino boat, the mayor lost. The next day, he lost his budget chief, too.

Del Grande deserved better.

I say that even though I disagreed with virtually everything he did as budget chief. Del Grande approached the job with a set of priorities that didn't really gel with the reality of the city's fiscal situation. He appeared to want to be the guy to save Toronto from an economic apocalypse, but instead he inherited a huge surplus, very manageable debt levels and a top-flight credit rating.

Indebted

Del Grande was probably the best budget chief the Ford administration could have asked for.

But that didn't stop him from moving forward, proselytizing for a budgetary doomsday that showed no sign of ever showing up.

Sure, he reduced city hall's reliance on prior-year surplus money to balance the budget, but it's hard to call that progress when it was achieved through budgeting that didn't really consider service levels or Toronto's growth. It doesn't make much sense to cheer on fiscal sustainability when, at the same time, infrastructure crumbles, the TTC is still at crush load for much of the day and the affordable housing waiting list lurches toward 200,000 people.

But that's just me. Others, I know, feel differently.

And that's kind of the point. If you step away from policy and ideology, Del Grande was probably the best budget chief the Ford administration could have asked for. Unlike some politicians, he took the job incredibly seriously, approaching it with an unshakeable determination.

He was also loyal, sometimes to a fault. Translating the vague and often contradictory ideas coming out of Ford's office onto his budget ledger had to be a frustrating task, but Del Grande did his best to make it work. And he stood by as a reliable vote even as the mayor exploded the goodwill and command of council he was elected with. Through it all, Del Grande was there to support the guy who hired him.

It's just too bad the reverse wasn't true.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Coun. Mike Del Grande STEVE RUSSELL/TORSTAR NEWS SERVICE

Ice jump gets frosty reception

EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kiev, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day. **THE ASSOCIATED PRESS**

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. **METRO**

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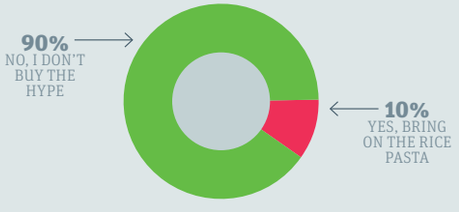

Twitter

@ChrisNovaHA:
I'm loving the SpaceMan. Garneau is fun. #lpcldr

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Too many candidates with too little time each. This is hard to watch. Hopefully it gets better with dropouts. #LPCldr

@khanartiste:
I love Lakers but daaaaann Raptors!!! So proud of TO :D

@HellP0:
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@DoctorRobert:
Lupul extension went a lot faster than expected. You can tell he's one of those players who loves being a Leaf. Great to see#TMLtalk#Leafs

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Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-today, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"

Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

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Comic relief

Colbert's sis enters politics

No joke: Comedian Stephen Colbert's sister is running in earnest for a vacant South Carolina congressional seat. Campaign manager Bill Romjue said Friday that Elizabeth Colbert-Bush plans to file as a Democrat this week and make a formal announcement.

THE ASSOCIATED PRESS

Sports

Super Bowl lures 'key' performer

Alicia Keys is singing at the Super Bowl show for the third time. The R&B singer will perform the national anthem before the NFL championship game on Feb. 3 in New Orleans. The league said Friday that Keys' three performances at the Super Bowl will be the most in the event's history.

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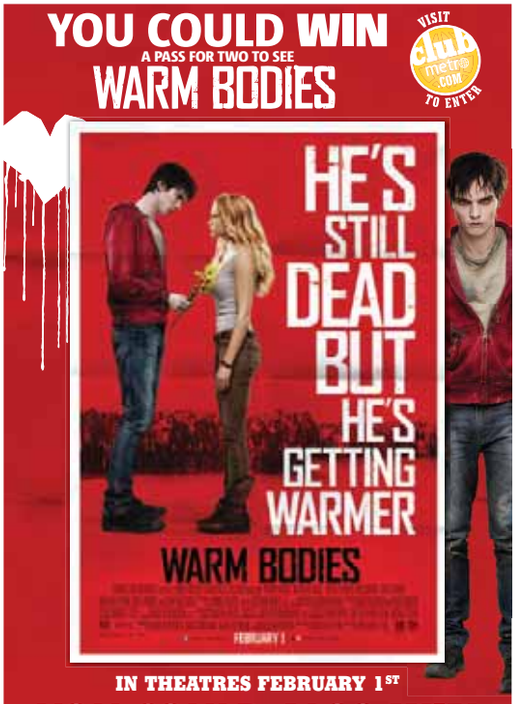

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Is Deception NBC's answer to Revenge?

New series. If Donnie Brasco and the movie Sabrina had a baby, it would be this show, says its writer and producer

NED EHRBAR
Metro World News in Hollywood

Meagan Good and Victor Garber star in Deception. HANDOUT

Murder, wealth, scandal, double-crossing and double identities. It's the stuff that's made Revenge a guilty-pleasure hit for ABC, so no one could blame NBC for wanting a piece of the action. But writer and executive producer Liz Heldens insists there was no directive to make a Revenge for NBC when she created Deception, the network's new murder-mystery nighttime soap.

"No one said that," Heldens says. The show's twisty tale — of Joanna, an undercover cop (Meagan Good), returning to the estate where she spent her childhood to investigate the murder of a wealthy socialite — gets its inspiration from a finer pedigree. "I was sort of thinking about how could you do an undercover show with a female protagonist, and at the same time NBC was looking for a soap," Heldens explains. "And so then I sort of thought could Donnie Brasco and the movie Sabrina have a baby? And so they did. So that was how it happened."

The material was juicy enough to attract Victor Garber back to television. The veteran stage actor, currently receiving raves on the big screen in Argo, is always up for playing characters with a secret, as he proved in his run on Alias for five seasons.

"You know, to me acting was always about revealing what's going on beneath, and there's always a subtext in every scene," Garber says. "There's always something else. You say something but you mean something else, and the great thing about Deception and why the title is so apt is that nothing is as it seems. When I read the script, I thought, 'I understand this because I lie all the time' — not really, not really, calm down. I just loved the idea of being somebody who has so much going on, who has to compartmentalize, and we all know people like this. And for some reason it just comes naturally to me, and I've always thought that's what acting was. Because ultimately at the bottom there has to be truth, and usually people are doing something and thinking something else. That's just the way I live, frankly."

But not really...

"When I read the script, I thought, 'I understand this because I lie all the time.'

Actor Victor Garber

Of course, kicking off a new show circling a central mystery — here the murder of socialite Vivian Bowers — doesn't come without its potential pitfalls, as writers behind shows from Twin Peaks to the Killing have learned the hard way. But Heldens has a plan, she insists. "As far as the mystery, I think the plan that we've always had in our heads is to reveal to the people watching, to the audience, who the killer is, and Joanna will probably have a pretty good idea" by the end of the first season, she says. "And the second season is about proving it."

Tim Kang's finally 'got it'

STEPHEN ERAMO
scene@metronews.ca

Actor Tim Kang chuckles when asked about his first professional experience in front of the camera. "It was awful. I played a med tech on a daytime soap and ran into the scene pushing a stretcher. I had one line, something like, 'I've got it,' and, man, oh, man, was I nervous. I had never been on a film set before and was about as green as you could be in the business. I made it through it, though, and can now look back on it fondly, and, in retrospect, laugh about it."

Fortunately, those initial jitters did not get the best of Kang. He went on to appear in a number of stage, feature film and TV roles, including his current series regular gig as Special Agent Kimball Cho in the police procedural drama The Mentalist. Like many TV characters, this one went through some changes prior to the show going into production.

"In the pilot script, Bruno Heller (series creator/executive producer) had really fleshed out the characters to the point where you could sink your teeth into your role and go with it," explains Kang.

"However, he also left a considerable amount to us to kind of craft our own characters and not be totally beholden to his 'creation.'

"Initially, my character's name was Kendall instead of Kimball. He was a family man with kids and a bookworm, but we decided to nix the family thing and make him more of a loner.

Tim Kang is Kimball Cho in The Mentalist. HANDOUT

His lips say yes but his body says no

Lance Armstrong interview. Body language expert concludes disgraced cyclist not telling all the facts on doping

Lance Armstrong confessed to using performance-enhancing drugs. HANDOUT/THE ASSOCIATED PRESS

On Thursday night, body language expert Sara Canuso helped us decipher Lance Armstrong's mannerisms as we watched Oprah Winfrey press him on questions about the use of performance enhancing drugs during his career.

A twist of the mouth, a bite of the lip — indicators we learned could be signs of arrogance and guilt. Armstrong admitted he doped his way to all seven of his Tour de France titles, but showed very little emotion.

Here is Canuso's real-time observations on Armstrong's body language during the second part of the interview.

9 p.m.
Lance Armstrong takes his place once more in the hot seat. The world watched as the once-beloved icon fielded a barrage of tough questions from Oprah. According to our body language expert, Armstrong speaks volumes without ever having to open his mouth.

"Again, we see Armstrong continually looking down, trying to be careful of what he says," shares Canuso. An underlying anger also peaks through Armstrong's pursed lips.

9:15 p.m.
Canuso immediately picks up on Armstrong's crossed legs. The fact that he's holding onto his leg also suggests that he may be feeling partially closed off to Oprah's questions.

"He answers each question absolutely while shaking his head no," she says.

According to Canuso, Armstrong's body language lends itself to the idea that he isn't being fully upfront.

"There are signs of holding back on the truth," she says. "In this case, it could be that he isn't telling all of the facts."

9:25 p.m.
The conversation turns to Armstrong's public persona. Oprah leads in with questions about the authenticity of his intentions. In other words, why is he doing this interview?

"Oprah is asking questions he does not want to answer, so you will see him take deeper breaths," says Canuso.

9:30 p.m.
As the focus shifts to Armstrong's ex-wife, children and therapy, he continues to rub his neck, a sign of feeling pressure.

9:40 p.m.
With Armstrong receiving criticism last night for not showing enough emotion, talking about his children tonight could be the opportunity to humanize him for viewers. Oprah asks about how his son has fared through all this, which elicits long pauses of introspection from Armstrong. "His damp eyes indicate anxiety, fear or sadness," says Canuso. "Then he closes his eyes as if he wants to shut out the world."

9:55 p.m.
Armstrong recognizes the "ultimate betrayal" that was his deception of the people who cared about him the most. His words are heavy with remorse, possibly striking a chord with viewers. Even still, when Canuso looks at Armstrong she sees nothing but nerves. "He is continuously licking his lips and drinking water, both signs of anxiety."

10:00 p.m.
"The truth shall set you free." Oprah concludes the interview by quoting Armstrong's ex-wife. Canuso concludes it by labelling the interview as extremely guarded on Armstrong's side.

"He was constantly covering his mouth and shaking his head, big indicators of not telling all of the facts," she says. METRO

Ratings

Interview ratings fall short for OWN

The program was seen by a total of 4.3 million U.S. viewers in Thursday's back-to-back airings, OWN said Friday. But it drew only 3.2 million viewers in its first airing, an audience that fell short of OWN's most-viewed telecast: an interview Winfrey conducted with the Whitney Houston family last March following the singer's death the previous month. In Canada, the broadcast drew an average audience of 715,000 and was the highest-rated telecast in OWN Canada's history for all key demographics, according to a release from Corus Entertainment based on overnight data from BBM Canada TV Meter. METRO

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Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told Vulture, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week.

"I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"'Sam, You Piece of Sh—.' Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J.J. Abrams and Armstrong make the perfect pair?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The Star Trek director and Lost co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter.

Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book Cycle of Lies: The Fall of Lance Armstrong, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

Daniel Radcliffe

Radcliffe has relationship outed

Daniel Radcliffe is reportedly dating his Kill Your Darlings co-star Erin Darke, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting cosy and even sharing a kiss with Darke, according to People magazine.

One source close to the film identified Darke as Radcliffe's girlfriend, while another told the magazine, "They've been dating for a while but have been debating going public."

Twitter

@MalinAkerman
At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!

@KChenoweth
When does the gurgling, nasuea end.

@EmWatson
Rooney Mara seems so cool. #vogue

@SethMacFarlane
If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

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Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on
Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts
Going to the playground isn't an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books
Cuddling up with your kids to read books is a great way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. NEWS CANADA

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of The Mom Book

DOROTHY ROBINSON
Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé.

Here are some tips from Stacy DeBroff, author of The Mom Book and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy
Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right
With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself
While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.

Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of The Mom Book. ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of Be A Better Dad Today: Ten Tools Every Father Needs, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem. It's vital to you and your children and has the bonus of being enjoyable.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.

Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six- and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups — notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MWN

Cut the fat with garlicky, spicy Potato Wedge Fries

This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

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rosereisman.com

These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown.

One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

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Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat
Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.

Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.

Starbucks Marshmallow Dream Bar

210 calories, 4 g fat
This may not be nutritious, but in terms of calories and fat it's a much better choice.

Raclette is the new fondue — perfect for casual gatherings

Raclette is the perfect party food. Like fondue, it's all about melting cheese. The biggest difference is that raclette is grilled or broiled, rather than cooked in a pot.

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to the pot, cover and place in the oven to keep warm.

3. In a medium saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and accompaniments in bowls. Guests can heat their vegetables on the top of the grill and melt their cheese using the grill's broiler. Top potatoes with the vegetables and melted cheese.

THE ASSOCIATED PRESS

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced

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The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

Don't rush the reward

"My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with."
Graham Hawryluk

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.

Graham Hawryluk's company operates the only Green Guard certified dustless refinishing system in Manitoba.
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Master soft skills in the modern market

It doesn't have to be so hard. Embracing your aptitude for writing, speaking and listening is as important as honing your craft

YLVA VAN BUUREN
careerbear.com

OK, you know there are certain tangible skills — called hard skills — you need to do any job.

But there's also a huge need today for soft skills, says Sandra Boyd, principal of career solutions with Knightsbridge, a human capital solutions firm. She says everyone needs to engage effectively with customers, clients or colleagues across an organization.

Loud and clear

"You need to be able to communicate across the organization and present information."

Sandra Boyd
Principal of career solutions with Knightsbridge

Soft skills refer to the personal qualities, habits, attitudes and even manners that you bring to the workplace. Companies value soft skills and often see them as just as important to job performance as hard skills.

Oral and written communication
Whether your job requires you to write short memos or lengthy reports, it's important to explain your ideas and projects clearly. And your spelling and grammar must be impeccable! Presentation skills — formal and informal — are also critical. At the same time, you need good oral communication skills too. "You need to be able to communicate across the organization and present information," says Boyd.

Listen up
Good listening skills make you more productive and help you get along with others. Listening also shows depth of understanding, friendliness and respect for feelings — and that's important too. How do you learn to listen? Stop talking and/or taking over discussions.

Networker extraordinaire
Networking is key in today's workplace — within the company you work for as well as outside. Networking is about building mutually beneficial relationships and talking to people about topics that are of interest to both of you. "One of the things we do regularly with people either going through a career transition or being coached is help them develop those interpersonal skills," says Boyd. The network you build will help you throughout your working career.

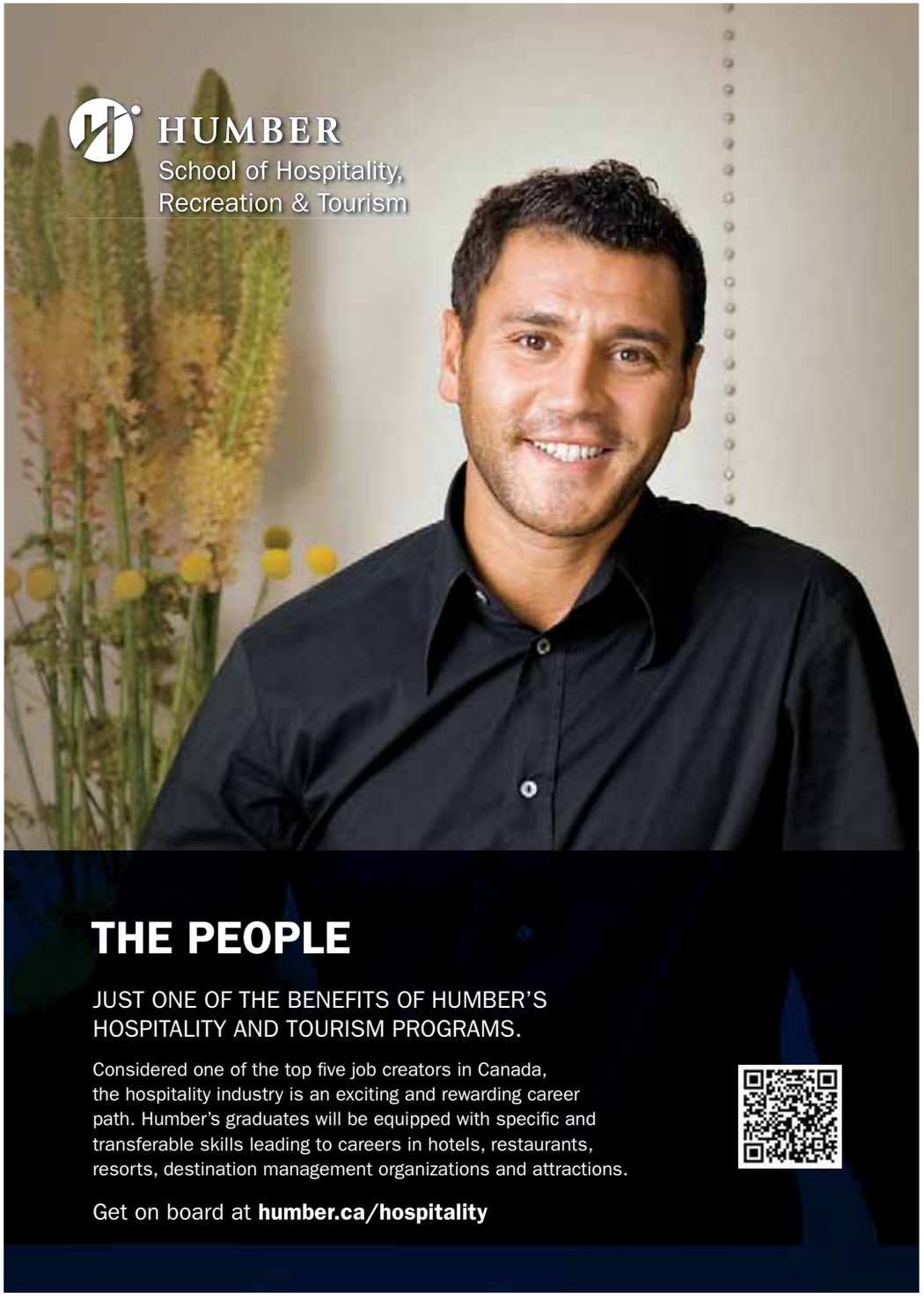
Team player
Lone wolves need not apply. That's a standard approach these days in hiring circles. And it doesn't take research to show how important it is for employees to work cooperatively with others and to contribute to the group with ideas and effort.

Stay current
Nothing dates a person faster than a flip-phone or no cellphone at all. Keeping up-to-date with technology is important, whether it's using a smartphone or knowing how to use Outlook Calendar. At the same time, employers increasingly use social media such as LinkedIn to gather information about potential employees — and they may not take you seriously if you aren't there, says Boyd.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Quit barking over your work buddies and take a moment to lend them your ear. ISTOCK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The key to success: Even in difficult economies, real estate agents have control over their earnings. ISTOCK

Current careers that could bring in the cash

Field of dreams? Keep a resumé ready for three industries that might just go boom

JULIA WEST
life@metronews.ca

Some industries, such as health care, will always be booming. Other paths are not as obviously fruitful. "Predicting job growth is like predicting where tornadoes will form," says Rich Milgram, CEO of the job-posting website Beyond.com. "You can have all the charts and data in the world, but it's not an exact science."

Milgram says it's all about "looking for trends that can help inform how the job market will fare long-term." We got some help from industry insiders.

The industry: Real estate

"Even after five years of a challenging real estate market, employees of real estate companies are extremely happy with their jobs," says Doug Claffey, CEO of Workplace Dynamics. "The entrepreneurial nature of the industry gives employees a great deal of control over their own destinies and success."

Happiness in homes

"Even after five years of a challenging real estate market, employees of real estate companies are extremely happy with their jobs."

Doug Claffey
CEO of Workplace Dynamics on the real estate industry

The industry: Retail

Talent acquisition company iCIMS pores over data to learn who's receiving the most applications and doing the most hiring.

"At the end of 2012, iCIMS evaluated the data and noted which industries were experiencing an increase in applicant submissions for open positions," says CEO Colin Day. "Retail, transportation and health care all received the largest number of open position applications, with retail ahead in the volume of submissions."

Watch that workforce

The industry: Biosciences

- While 2013 might not be a big year for biosciences and pharmaceuticals, it's an area worth watching.
- "We don't think there's much room for growth with the large pharmaceutical companies," says Chuck Pappalardo, managing director of Trilogy Search. "This sector is too important for us not to keep a close eye on it, but the coming year — and possibly even the next five years — won't be its finest hour.

TRY HAPPY VAPER AS AN ALTERNATIVE

Happy Vaper is Canada's largest supplier of electronic cigarettes and accessories. The company introduced high-quality electronic cigarettes to Canada in early 2009 and its exclusive agreements with top e-cig manufacturers, along with exceptional customer service has given Happy Vaper international recognition. Jack Weinberg, founder of Happy Vaper, discusses why his company and its support staff are leaders in the e-cig industry.

WHAT IS AN ELECTRONIC CIGARETTE?

E-cigs are electronic devices that use heat to vaporize a flavoured liquid into a mist, simulating the experience of smoking without actual combustion. E-cigs don't produce the carbon monoxide, tar and other chemicals associated with burning tobacco. While some choose to use electronic cigarettes with nicotine, the government's guidelines restrict the sale of products for that purpose. Clinical trials are required to make "quit smoking" or health claims, so Happy Vaper does no such thing. Weinberg says he is lucky to have such a strong grassroots movement supporting his company in Canada.

WHY SHOULD I USE AN E-CIG?

Customers appreciate the lack of a lingering cigarette smell, cost savings, no longer standing in the cold or rain, and the delicious flavours, which make vaping an enjoyable alternative.

WHY HAPPY VAPER?

There are a multitude of e-cig devices on the market in varying shapes and sizes with a wide range of build-quality and performance. It can be difficult to find e-cigs that work well.

"Often, customers are disappointed after having tried a variety store device," Weinberg says. Happy Vaper focuses on research and testing to make sure it provides the highest quality and up-to-date products. The right choice of equipment to match your needs and lifestyle can make all the difference.

Those with a quick question, or who can't visit in-person, may take advantage of Happy Vaper's web-chat, operated exclusively by passionate vapers with years of experience.

Feel free to chat with Happy Vaper at happyvaper.com or visit the warehouse location at 112 Basaltic Rd., Unit 6, Concord, Ont. For more, email info@happyvaper.com or call 1-888-696-3697.

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Linebacker Patrick Willis, centre, celebrates after the San Francisco 49ers defeated the Atlanta Falcons 28-24 Sunday in Atlanta. CHRIS GRAYTHEN/GETTY IMAGES

49ers, Ravens win to set up family affair

Super Bowl matchup. Harbaugh brothers — coaches of San Francisco and Baltimore — both winners on Sunday

The clutch quarterback. The genius coach. The big-play defence.

The San Francisco 49ers are ready to start a new dynasty with a familiar formula.

Next stop, the Big Easy.

Colin Kaepernick and Frank Gore led San Francisco to a record comeback in the NFC championship game Sunday, overcoming an early 17-0 deficit to beat the Atlanta Falcons 28-24 and send the 49ers to their first Super Bowl since 1995.

Gore scored a pair of touchdowns, including the winner with 8:23 remaining for San Francisco's first lead of the day, and the 49ers defence made it stand up. A fourth-down stop at the 10-yard line denied Atlanta another stirring comeback after blowing a big lead.

"Everybody does a little," 49ers coach Jim Harbaugh said, "and it adds up to be a lot."

San Francisco moves on to face Baltimore at New Orleans in two weeks, looking to join Pittsburgh as the only franchises with six Super Bowl titles. It'll be a brother-vs.-brother matchup, too, since John Harbaugh coaches the Ravens.

AFC championship

Joe Flacco outduelled Tom Brady, throwing three touchdown passes in the second half and leading the Baltimore Ravens to their first Super Bowl in 12 years with a 28-13 victory over the New England Patriots on Sunday in Foxborough, Mass., for the AFC championship.

The 49ers have been listed as 5-point favourites.

Joe Montana led the 49ers to four Super Bowl wins and Steve Young took them to No. 5. It's up to Kaepernick and Co. to get No. 6.

"He just competes like a maniac all the time," said Harbaugh, whose much-debated decision to bench Alex Smith at midseason now looks like the best move of the year.

Kaepernick shredded the Falcons through the air by completing 16 of 21 for 233 yards, including a 4-yard touchdown to Vernon Davis, and had them so worried about his running ability out of the spread option that Gore and LaMichael James had plenty of room.

The 49ers pulled off the biggest comeback victory in an NFC championship game, according to STATS. The previous NFC record was 13 points — Atlanta's victory over Minnesota in the 1999 title game, which sent the Falcons to what remains the only Super Bowl trip in franchise history.

THE ASSOCIATED PRESS

Figure skating

Virtue and Moir golden again

Tessa Virtue and Scott Moir captured their fifth national ice dance title at the Canadian figure skating championships on Sunday.

The two-time world champions and Olympic gold medallists scored 187.23 overall, and their dramatic and sultry "Carmen" free dance brought the capacity crowd of nearly 4,500 fans at the Hershey Centre to its feet.

THE CANADIAN PRESS

Tessa Virtue and Scott Moir celebrate their gold medals on Sunday. THE CANADIAN PRESS

Tennis

Former No. 1 Wozniacki ousted

Two-time major winner Svetlana Kuznetsova has defeated former No. 1 Caroline Wozniacki 6-2, 2-6, 7-5 to advance to the quarterfinals of the Australian Open.

Kuznetsova, winner of the 2004 U.S. Open and 2009 French Open, broke her Danish opponent in the 11th game of the third set and finished the match with a backhand winner down the line.

Wozniacki lost her No. 1 ranking to Victoria Azarenka last year after falling in the quarterfinals at Melbourne Park to Kim Clijsters.

THE ASSOCIATED PRESS

Leafs lock Lupul up to five-year deal

Toronto Maple Leaf Joffrey Lupul, centre, signs autographs after an open training session at the Air Canada Centre on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

A day after naming Joffrey Lupul one of its alternate captains, the Maple Leafs showed just how much faith they have in the 29-year-old left-winger.

Toronto signed Lupul to a five-year contract extension on Sunday, rewarding his career season last year with 25 goals and 42 assists — second most on the Leafs roster and career-highs in assists and points.

"He clearly had the desire to have another good year, wanted to have more of a leadership role — which has been recognized by the coaching staff — and we felt strongly that he's a player that will be part of the solution moving forward and he would be a big part of a winning team here in Toronto," said Leafs general manager Dave Nonis.

Lupul is now signed through to the 2017-18 season. Although the team did not release any of the details of the contract, Nonis was pleased with the deal, that's reportedly worth $26.25 million US.

"The deal made sense to us both financially and with respect to the dollars and the term and we were happy to get it done," said Nonis.

When asked if a no-trade or no-movement clause was included in the deal, Nonis answered: "There's a limited no trade, but the player is moveable, would be your short answer." THE CANADIAN PRESS

Lupul file

- Toronto acquired Lupul along with defenceman Jake Gardiner from the Anaheim Ducks for Francois Beauchemin on Feb. 9, 2011.
- Lupul, from Alberta, has 151 goals and 172 assists in 517 career games.

Lakers point guard Steve Nash looks to pass inbounds against the Raptors on Sunday at Air Canada Centre. Nash's first season in Los Angeles has fallen way short of expectations, with the Lakers sitting outside the playoffs at 17-23 after Sunday's 108-103 loss. RENE JOHNSTON/TORSTAR NEWS SERVICE

Nash sees big picture amidst L.A. struggles

NBA. Canadian star finding his game after disappointing start to season with Lakers

Steve Nash took a pass at the high post, streaked past a couple Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer, but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal.

Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me, especially if the Lakers situation didn't happen," Nash said Sunday. "But the Lakers situation, basketball-wise, I think it was a good option ... to be close to my kids and to be able to see them as much as I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

At 38, Nash is getting on in years, but he's in tremendous shape and is showing no signs of slowing down. He missed 24 games this season due to a fracture in his left leg but has been effective since his return.

Nash scored 16 points and added nine assists Sunday, but the Lakers' recent struggles continued with a 108-103 loss to Toronto. Los Angeles fell to 17-23 on the season.

They've had three different head coaches this season. The roster is loaded with superstars like Nash, Kobe Bryant, Pau Gasol and Dwight Howard, but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

Sunday's game

Raptors	Lakers
108	103

Quoted

"I think that's one of the things that I maybe didn't expect is that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

Dino delivers

Calderon steals show from Lakers in Toronto

After letting two games slip away in overtime, Jose Calderon and the Toronto Raptors closed one out Sunday.

Calderon had 22 points and nine assists to lead Toronto to a 108-103 win over the Los Angeles Lakers. The victory snapped a four-game losing streak for the Raptors.

"It was good," Calderon said. "We led a couple of games with big leads and it was just us.

"It's just some mental mistakes and things we do, but we have to keep competing. We can compete against everybody in this league, but we have to do it for 48 (minutes)."

Calderon was 9-for-15 from the field and 1-for-4 from three-point range, often with Lakers star Kobe Bryant in his face.

"He (Bryant) is a great all-around player, he can play really good defence," Calderon said.

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	13	.658	1
Indiana	25	16	.610	2½
Brooklyn	24	16	.600	3
Chicago	23	16	.590	3½
Atlanta	22	18	.550	5
Milwaukee	21	18	.538	5½
Boston	20	20	.500	7
Philadelphia	17	23	.425	10
Detroit	15	25	.375	12
Toronto	**15**	**26**	**.366**	**12½**
Orlando	14	26	.350	13
Charlotte	10	30	.250	17
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	8	.800	—
L.A. Clippers	32	9	.780	½
San Antonio	32	11	.744	1½
Memphis	26	13	.667	5½
Golden State	24	15	.615	7½
Denver	24	18	.571	9
Utah	22	19	.537	10½
Portland	20	20	.500	12
Houston	21	21	.500	12
Minnesota	17	20	.459	13½
Dallas	18	24	.429	15
L.A. Lakers	17	23	.425	15
Sacramento	16	25	.390	16½
New Orleans	13	27	.325	19
Phoenix	13	28	.317	19½

Sunday's results
Toronto 108 L.A. Lakers 103
Dallas 111 Orlando 105
Detroit 103 Boston 88
Oklahoma City at Denver
Saturday's results
Sacramento 97 Charlotte 93
San Antonio 98 Atlanta 93
Memphis 85 Chicago 82 OT
Minnesota 92 Houston 79
Golden State 116 New Orleans 112
Utah 109 Cleveland 98
Milwaukee 110 Portland 104
L.A. Clippers 94 Washington 87
Monday's games — All Times Eastern
Indiana at Memphis, 1 p.m.
Sacramento at New Orleans, 1 p.m.
Houston at Charlotte, 2 p.m.
Minnesota at Atlanta, 2 p.m.
Brooklyn at New York, 3:30 p.m.
L.A. Clippers at Golden State, 4 p.m.
San Antonio at Philadelphia, 7 p.m.
L.A. Lakers at Chicago, 9:30 p.m.
Washington at Portland, 10 p.m.

RAPTORS 108, LAKERS 103

L.A. LAKERS (103)
Bryant 10-32 3-3 26, Gasol 10-15 5-6 25, Nash 5-11 4-4 16, Clark 6-10 1-2 14, World Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard 1-3 3-4 5, Morris 1-1 0-0 2, Duhon 0-1 1-1 1. Totals 38-88 18-21 103.
TORONTO (108)
Calderon 9-15 3-3 22, Fields 8-11 2-4 18, Davis 9-13 0-2 18, Anderson 5-13 1-2 14, Johnson 4-6 1-2 9, DeRozan 4-9 0-0 8, Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7 0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.

L.A. Lakers	**20**	**29**	**21**	**33 —103**
Toronto	**29**	**24**	**30**	**25 —108**

3-Point Goals—L.A. Lakers 9-27 (Bryant 3-12, World Peace 2-6, Jamison 1-4, Nash 2-3, Clark 1-1, Duhon 0-1). Toronto 6-20 (Anderson 3-7, Calderon 1-4, Ross 0-4, Lowry 2-3, Fields 0-1, DeRozan 0-1).
Rebounds—L.A. Lakers 37 (Clark 14, Jamison 5, Gasol 5, Bryant 4, World Peace 3, Duhon 2, Howard 2, Nash 1, Sacre 1). Toronto 40 (Fields 10, Johnson 8, Davis 8, Lowry 4, DeRozan 3, Calderon 2, Gray 2, Anderson 2, Ross 1). **Assists—**L.A. Lakers 20 (Nash 9). Toronto 27 (Calderon 9).
Total Fouls—L.A. Lakers 15, Toronto 22.
Attendance—19,800 at Toronto. T—2:15

GOLF

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Final round

Brian Gay, $1,008,000	67-66-67-63—263
Charles Howell III, $492,800	67-65-67-64—263
David Lingmerth, $492,800	68-64-69-62—263
James Hahn, $246,400	63-67-72-62—264
Scott Stallings, $246,400	66-65-63-70—264
Also:	
Stephen Ames, $22,400	**67-68-68-68—271**
Brad Fritsch, $11,424	**69-65-71-70—275**
Graham DeLaet, $11,424	**71-70-65-69—275**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's results
NFC — San Francisco 28 Atlanta 24
AFC — Baltimore 28 New England 13

SUPER BOWL XLVII

Sunday, Feb. 3 — All Times Eastern
At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	1	1	0	0	2	1	2
NY Islanders	1	0	1	0	1	2	0
NY Rangers	2	0	2	0	4	9	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Boston	1	1	0	0	3	1	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	1	1	0	0	6	3	2
Washington	1	0	1	0	3	6	0
Winnipeg	1	0	1	0	1	4	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	1	1	0	0	6	0	2
Chicago	1	1	0	0	5	2	2
Columbus	1	1	0	0	3	2	2
Nashville	1	0	0	1	2	3	1
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	1	1	0	0	4	2	2
Edmonton	0	0	0	0	0	0	0
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0
Vancouver	1	0	1	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	1	1	0	0	4	3	2
Phoenix	1	0	1	0	3	4	0
Los Angeles	1	0	1	0	2	5	0

Sunday's results
Buffalo 5 Philadelphia 2
San Jose 4 Calgary 1
Pittsburgh 6 NY Rangers 3
Dallas at Minnesota
Edmonton at Vancouver
Chicago at Phoenix
Monday's games — All Times Eastern
Tampa Bay at NY Islanders, 1 p.m.
Winnipeg at Boston, 1 p.m.
St. Louis at Nashville, 6 p.m.
Buffalo at Toronto, 7 p.m.
Florida at Ottawa, 7:30 p.m.
Detroit at Columbus, 7:30 p.m.
Anaheim at Calgary, 9 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

♉ Taurus
April 21 - May 21
Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

♊ Gemini
May 22 - June 21
There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

♋ Cancer
June 22 - July 23
Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

♌ Leo
July 24 - Aug. 23
There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

♍ Virgo
Aug. 24 - Sept. 23
It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

♎ Libra
Sept. 24 - Oct. 23
You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

♏ Scorpio
Oct. 24 - Nov. 22
Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

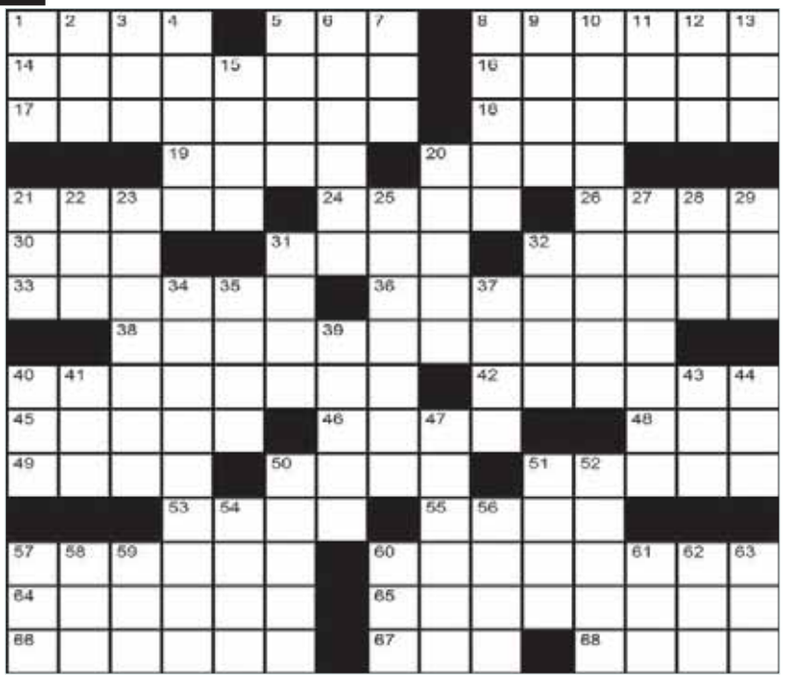
♑ Capricorn
Dec. 22 - Jan. 20
Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right — there is. Neptune's influence means you cannot take anything for granted.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

♓ Pisces
Feb. 20 - March 20
You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. **SALLY BROMPTON**

Crossword: Canada Across and Down

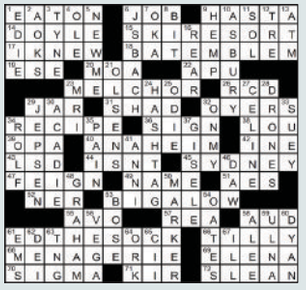
BY KELLY ANN BUCHANAN



Across
1. "Mr. Holland's __" (1995)
5. Son of Atticus in To Kill a Mockingbird
8. CBC series, "__ Air"
14. Ontario folk festival since 1961
16. Followed a recipe
17. Robert Redford's film festival
18. Kitchen outfits
19. __ Marie Presley
20. It means 'the same' in Latin
21. Dermatology tool
24. Throw the football
26. Loonies
30. _ __ mode
31. Mr. Lugosi
32. "Time in a Bottle" by Jim __
33. Switch sort
36. Newfoundland and __
38. Barenaked Ladies tune: 4 wds.
40. __ National Park, BC
42. Real
45. Rock drill
46. Jackie Wilson's "__ Petite"
48. 'Start With Trust' is this org.'s slogan
49. Glide
50. Un-evens
51. Clint Eastwood's "Rawhide" role, Rowdy __
53. Unruly crowds
55. Zen riddle
57. Puccini opera, __ Butterfly
60. Canadian puppets, Casey and __
64. Sister of Moses
65. Distinction
66. Curved stone bench in ancient times
67. Decay
68. Type of tape

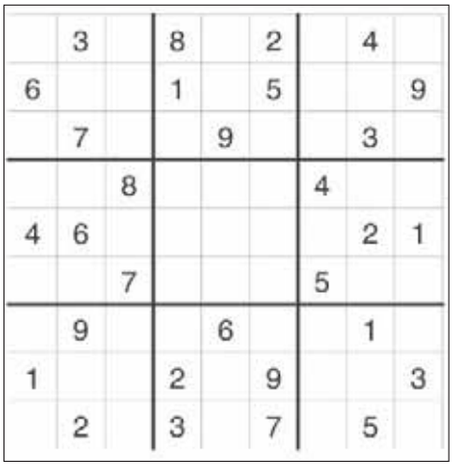
Down
1. Mantric syllables
2. "Heart and Soul" by T'__
3. Vase
4. Sashay
5. Stewart and Lovitz
6. "The Great __" (1963)
7. Ms. West
8. Mil. schools
9. Climber's need
10. RCAF search & rescue helicopter, CH-149 __
11. Boxing stat.
12. "Canada AM" co-host, Marci __
13. Li'l music keepers
15. Match
20. Singer/actor Chris
21. Chap
22. Will Smith movie
23. Bon Jovi guitarist Richie
25. Mixed, as metals
27. "Don't Speak" group: 2 wds.
28. Green
29. Sun. message
31. Welsh opera singer Mr. Terfel
32. Dundee's fave reptile
34. Lovely Rita's gig: 2 wds.
35. 911-calling reason, for short
37. "The Love __"
39. NFL units
40. PC information units
41. Tic-Tac-Toe win
43. Pres. Lincoln
44. Weight loss losses, commonly
47. Edmonton football player
50. President Barack __
51. Canadian writer Mr. Martel
52. _-__-to-know basis
54. Mr. Sharif
56. "Don't bet __!": 2 wds.
57. Montreal Mrs.
58. __-en-Provence, France
59. Music Dr.
60. Iron: French
61. Wildebeest
62. Leafs arena, commonly
63. Goaltender's defence area63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. __-advised

Friday's Crossword

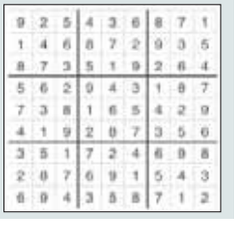


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



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*This interest rate is comprised of the posted interest rate of 1.15% plus a bonus interest rate of 1.10% (together, the "special interest rate"). The special interest rate only applies to the portion of the balance in your TFSA Savings Account that exceeds the closing balance as of January 1, 2013. The bonus interest is calculated on the daily closing balance, payable monthly as of last day of the month. The monthly bonus interest payment, if any, will be posted to the TFSA Savings Account on or before April 30, 2013. If you close your TFSA Savings Account before April 30, 2013, you will not receive any bonus interest and the posted interest rate will apply. Offer may be changed or withdrawn at any time without notice. [1] You can invest more than $5,500 annually, if you have available contribution room. [2] Subject to TFSA contribution limits. Please speak to your tax advisor for tax advice regarding the TFSA. ®Registered trade-marks of Bank of Montreal.